



ΕΘΝΙΚΟ ΙΔΡΥΜΑ ΕΡΕΥΝΩΝ  
NATIONAL HELLENIC RESEARCH FOUNDATION



ÖREBRO UNIVERSITY



Building our Future:  
**Healthy Ageing  
& Nutrition**

## 12<sup>th</sup> Swedish-Hellenic Life Science Research Conference

10 - 11 October 2019, Athens, Greece

**Hosted by:**

Institute of Chemical Biology,  
National Hellenic Research Foundation, Greece

### Conference Organizers:

**Dr Alexander Pintzas, Director of ICB-NHRF**

Institute of Chemical Biology

E-mail: [apint@eie.gr](mailto:apint@eie.gr)

**Professor Em. Nikolaos Venizelos**

School of Health & Medical Sciences (SHMS), Örebro University

E-mail: [nikolaos.venizelos@oru.se](mailto:nikolaos.venizelos@oru.se)

### Conference Venue:

Amphitheatre "Leonidas Zervas", National Hellenic Research Foundation  
48, Vassileos Constantinou Avenue, Athens, Greece, url: [www.eie.gr](http://www.eie.gr)

### Organizing committee

#### Institute of Chemical Biology (ICB-NHRF)

M. Chatzidaki, PhD  
ED Chrysina, Senior Researcher, Docent  
Ef. Gonos, Research Director, Docent  
T. Katsila, Researcher  
V. Pletsas, Senior Researcher  
A. Xenakis, Research Director, Docent

#### School of Medical-, and Health- Sciences, Örebro University (ÖRU)

A. Sirsjö, Professor  
M. Grenegård, Professor  
K. Franzen, Docent  
M. Ivarsson, Docent  
I. Rangel, Docent  
N. Venizelos, Professor Emeritus

### Participating Organizations

#### National Hellenic Research Foundation (NHRF)

- Institute of Chemical Biology (ICB)
- Theoretical and Physical Chemistry Institute (TPCI)

#### School of Medical Sciences (SMS) & School of Health Sciences (SHS), Örebro University (ÖRU)

- Cardiovascular Research Centre (CVRC)
- Inflammatory Response and Infection Susceptibility Centre (iRISC)
- Nutrition-Gut-Brain Interactions Research Centre (NGBI)

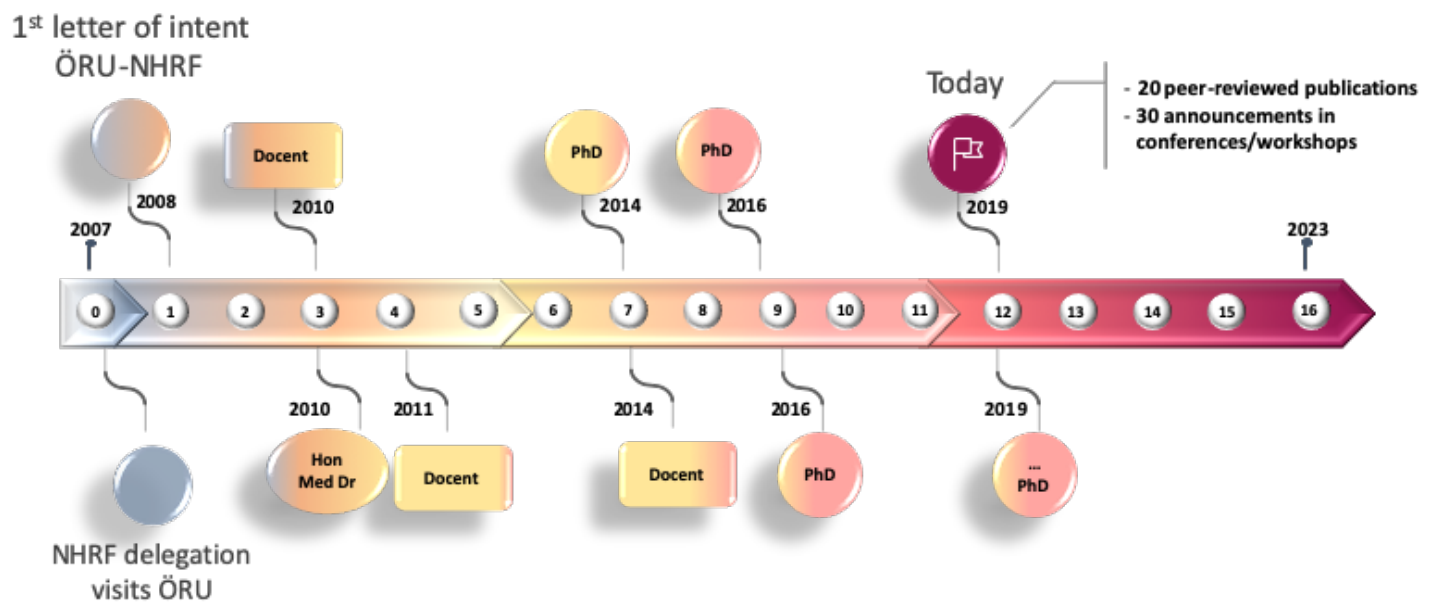
#### Additional organizations

- Hellenic Pasteur Institute
- Harokopion University
- National and Kapodistrian University of Athens
- EEMEG

## History – Background

The Örebro University has a long-standing cooperation with NHRF that dates back to 2007. The cooperation was formally established in 2008 and was marked with a Letter of Intent signed by both sides declaring the mutual intention of the two organizations to collaborate in the areas of Medical and Life Sciences research. It has already led to four conjoint PhD students (three complete PhD thesis), three Docentships, 20 publications in peer-reviewed journals and 30 proceedings in scientific conferences/workshops (for the ÖRU-NHRF cooperation timeline, see below).

### ÖRU-NHRF cooperation timeline



## Aim

The 12<sup>th</sup> Swedish-Hellenic Life Science Conference will address selected thematic areas on Healthy Ageing and Nutrition including related diseases, in the fields of research interests developed in the Örebro University and the National Hellenic Research Foundation.

## Invited speakers

**Dr Peggy Lymberi, Research Director, Immunology Laboratory, Hellenic Pasteur Institute**

**Ms Katerina Bograkou Tzanetakou, Psychologist BA, MSc, MBPsS, British Psychological Society, Public Health Practitioner (Faculty of Public Health UK), Assoc. member of the Hellenic Society of the Study and Research of Ageing**

**Assoc. Professor Mary Yannakoulia, Department of Nutrition & Dietetics, School of Health Science & Education, Harokopion University**

**Dr. Georgia Saxami, Department of Nutrition & Dietetics, School of Health Science & Education, Harokopion University**

## Sessions

Session 1: Nutrition and Healthy Ageing

Session 2: Biomarkers for Healthy Ageing

Session 3: Ongoing and new cooperation activities ÖRU – NHRF

Session 4: Strategic plan for future conjoint education activities between ÖRU – NHRF: 2019-2025

Programme, Thursday October 10 <sup>th</sup> 2019 *		
09:00-09:30	<b>Registration</b>	
09:30-09:45	<b>Day 1- Welcome</b> <b>Introduction to the Conference - Opening salutation</b> <b>Dr Alexandros Pintzas</b> , Director of ICB-NHRF <b>Prof. Nikolaos Venizelos</b> , School of Medical Sciences, ÖRU	
<b>Session 1</b>	<b>Nutrition and Healthy Aging</b> <i>Chair: Dr Vassiliki Pletsas, Dr Ignacio Rangel</i>	
09:45-10:20	<b>Prof. Mary Yannakoulia</b> Department of Nutrition & Dietetics, School of Health Science & Education, Harokopio University	Nutrition and cognitive decline: the role of the Mediterranean diet and lifestyle
10:20-10:40	<b>Ms. Mary Vlassopoulou</b> Department of Nutrition & Dietetics, School of Health Science & Education, Harokopio University & ICB-NHRF	The role of $\beta$ -(1 $\rightarrow$ 3,1 $\rightarrow$ 6)-D-glucans of edible mushrooms in disease prevention and health promotion
10:40-11:00	<b>Dr. Georgia Saxami</b> Department of Nutrition & Dietetics, School of Health Science & Education, Harokopio University	Development of a novel functional food enriched with $\beta$ -glucans of edible mushrooms from Greek habitats- The FUNglucan project
<b>11:00-11:20</b>	<b>Coffee Break</b>	
<b>Session 2</b>	<b>Biomarkers for Healthy Ageing</b> <i>Chair: Prof. Magnus Grenegård, Dr Theodora Katsila</i>	
	<b>Keynote Lecture</b>	
11:20-12:00	Natural antibodies in healthy ageing	
	<b>Dr Peggy Lymberi</b> , Research Director, Immunology Laboratory, Hellenic Pasteur Institute	
12:00-12:15	<b>Prof. Nikolaos Venizelos /</b> <b>Prof. Magnus Grenegård</b> School of Medical Sciences, ÖRU	-The Ikaria demography study -Planned study population & sample analyses
12:15-12:45	<b>Dr Stathis Gonos</b> , Research Director ICB-NHRF	Longevity assurance molecular pathways in humans

12:45-12:15	Katerina Bograkou Tzanetakou Psychologist BA, MSc, MBPsS	Inflammation in relation to Mood, Nutrition and Ageing. A systems approach
12:45-13:30	Lunch Break	
	Chair: Dr Karin Franzen, Dr Maria Chatzidaki	
13:30-14:00	Docent Mikael Ivarsson, School of Health Sciences, iRIS-ÖRU	Developing a scaffold-based cartilage repair model <i>in vitro</i>
14:00-14:30	Nikole Papaevgeniou, PhD student ICB-NHRF	Lipofuscin: a highly reactive by-product and its effects on the ageing model of <i>Caenorhabditis elegans</i>
Session 3	Ongoing and new cooperation activities ÖRU – NHRF Chair: Maria Koufaki, Evangelia Chrysina	
14:30-14:50	Docent Karin Franzen School of Medical Sciences, ÖRU	Purine-piperazine analogues with anti-inflammatory and anti-thrombotic activity
14:50-15:10	Prof. Magnus Grenegård, Head of Cardiovascular Research Centre (CVRC), ÖRU	
15:10-15:30	Coffee Break	
Session 4	Strategic plan for future conjoint education activities between the two organizations: 2019-2025 Chair: Prof. Nikolaos Venizelos, Dr Aris Xenakis	
15:30-16:00	Prof. Allan Sirsjo, Director of Masters programmes, ÖRU  Docent Ignacio Rangel, Director in Doctoral programme, ÖRU  Prof. Nikolaos Venizelos School of Medical Sciences, ÖRU	Örebro university- NHRF: Possible collaboration <ul style="list-style-type: none"><li>- New Master’s programme in Experimental Medicine &amp;</li><li>- PhD programme in Medical Science- Biomedicine</li><li>- Erasmus Scholarship opportunities for Master’s students ÖRU – NHRF</li></ul>
16:00-16:50	Round table discussion Dr Alexander Pintzas, ICB, NHRF Prof. Magnus Grenegård, CVRC, ÖRU Prof. Allan Sirsjo, CVRC, ÖRU Dr Ignacio Rangel, NGBi, ÖRU Dr Karin Franzen, CVRC, ÖRU Dr Mikael Ivarsson, iRIS-ÖRU Dr Evangelia D. Chrysina, ICB, NHRF	Open discussion with all participants from ÖRU and NHRF to set the goals for the future
16:50-17:00	Closing remarks	
Programme, Friday, October 11 <sup>th</sup> 2019 *		
09:00-14:00	Brain storming & Working groups (NHRF seminar room)	
	Individual meetings between Researchers from Örebro University and NHRF	

\*Reservation for modifications





Photos from the 11<sup>th</sup> Swedish-Hellenic Conference, held at NHRF in October 2018.

## Registration details

### ICB-NHRF

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### Supported by:



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